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A Study of Mental Health of Pupil Teachers in Relation to Their Teaching Aptitude in Punjab

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ABSTRACT: The basic aim of the study was to understand the Mental Health of Pupil Teachers In Relation To Their Teaching Aptitude in Punjab. As teacher educator is an integral part of the educational system. Especially, bachelor in education is different from other educational programmes. Because it reshapes the life of every child which has the long effect of the growth of society in general as well as in particular. The study was delimited to education colleges of Derabassi (punjab) and was randomly selected. Result was found.

1. There is no relationship between mental health and teaching aptitude of pupil teachers.
2. There is no relationship between mental health and teaching aptitude of female pupil teachers.
3. There is no relationship between mental healths and teaching aptitude of arts, science and commerce group pupil teachers.

KEYWORDS: Pupil teacher, Mental health, Teaching aptitude.

I. INTRODUCTION

Teacher Education is an integral part of the education system. The B.Ed is considered as the hub of the secondary and higher secondary education because it is believed that as in the B.Ed. So will be the secondary and higher secondary education. The teacher education program is different from other education programs in the sense that it trains the pupil teachers for a profession. It has different objectives, methodology, content and the expectations when compare to other programs. A teacher reshapes the life of the thousands of youth during a career of thirty five to forty years. The aim of education is thus not restricted to the one-sided development of an individual's personality; it seeks, on the country to develop the "perfect man". According to the views of Karl Marks, education aims at producing the "fully development human beings" and according to Mahatma Gandhi. "The aim of educations is to develop all those faculties... Physical, mental and spiritual which are innate to human beings", Teachers Training has mainly two components, i.e. pre-service and in service. Pre-service teacher training is imparted at three levels.

National commission on teachers (1983-35) lamented that what obtains now in the majority in the context of the changing needs of India today. After deliberate discussions held at state regional and national levels, National Council for Teachers Education (NCTE) carved out a frame work for the structure of curriculum of teachers' education for different stage of education for children stages of education in 1978. NCTE makes rules and regulations for all B.Ed. Colleges in India. Mental health are different as person's ability to make positive self evaluation, to perceive the reality and to integrate the personality. Teaching aptitude means a teachers ability or capacity to acquire skill or knowledge in teaching in teaching profession which includes motives for teaching, emotional stability, social values, ability to communicate, ability to establish rapport and professional information essential to teaching success for doing any satisfactory work there must be needed proper mental health and aptitude towards that work. Here, the researcher wants to observe the mental health and aptitude towards teaching profession is good of pupil teacher. It means mental health is also good for teaching.

Concept term mental health is very broad and is used in quite different ways by various authorities depending on their personal choices and orientation. But the most of them agree upon basic concept of the mental health. Mental health is aptly defined as the full and harmonious functioning of the total personality, realizing one's full potential in the world of work, with satisfaction and contentment to oneself and benefit.

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II. CONCEPT OF MENTAL HEALTH

The term mental health is very broad and is used in quite different ways by various authorities depending on their choice and orientation. But the most of them agree upon basic concept of the mental health. Mental is aptly defined as the full and harmonious functioning of the total personality, realizing one's full potential; in the world of work, with satisfaction and contentment to oneself and benefit. It varies only the wording of definitions. Bernard (1961) gave a very comprehensive definition of mental health as he said, "Mental health may be defined as the adjustment of individuals to themselves and the world at large with a maximum of effectiveness, satisfaction cheerfulness and socially considerate behavior and facing and accepting the realities of life. The highest degree of mental health, might therefore, be described as that which his capabilities will permit with a maximum of a maximum of satisfaction to himself and to social order and a minimum of friction and tension." Similar definition has also been given by crow (1956). According to him. "Mental health represents degree of good or normal mental functioning. A person possessing, good mental health can adjust well to environment situation and interpersonal relation.

III. CONCEPT OF APTITUDE

It is an observables fact that people differ from one another and within themselves in their performance in one or the other field of human activity such as leadership, music, art, mechanical work, teaching etc. Bingham: Aptitude refers to those qualities characterizing people which serve to indicate how well he can learn to meet and solve specific kinds of problems. Freeman; An aptitude is a combination of characteristics indicate of an individual which is individual of the probable extent to which he will be able to acquire (with training) some specific knowledge, skill or set or organize response, such as the ability to speak a language, to be become a musician, to do mechanical work. All these definition reveal the predictive nature of aptitudes.

TEACHING APTITUDE

A variety of factors seem to go along with Teachers. Aptitude and is depended upon certain personal traits intellectual and temperamental and these often will enable the teacher to get over even drastic constraints imposed on his performance. Related studies also revealed that, there are so many factors which have dominant roles on Teachers Aptitude. Teaching has to be dialogue, not a monologue. Teachers have to find innovative and effective and effective technological to present new concepts for motivating children. The classes have to be interactive with dialogue and sufficient learning materials. A teacher with good teacher aptitude must be aware of the following essentials of teaching viz., plan a lesson, motivate e students, essentials of the content , consolidation, elaborations, group activity, continuous and comprehensive evaluation, discipline, multi-level and multi grade activities , effective communication and interaction, etc. From the past to this technological era itself, a teacher has to face so many problems inside or outside classrooms. They are related to cognitive, methodological, parental, societal, administrative, managerial, communicative, and interactive and student based.

IV. STATEMENT OF PROBLEM

A Study of Mental Health of Pupil Teachers In Relation To Their Teaching Aptitude in Punjab.

NEED AND SIGNIFICANCE OF STUDY:"A poor teacher tells, an average teacher explains, a good teacher demonstrates and great teacher inspires. "A teacher not only has to be competent in his subject method of teaching and in understanding his students but also should have a favorable attitude towards teaching who are professionals, have not mental health and aptitude towards teaching but their motto is to earn money Tomorrow's nation will depend upon the type of citizens and educated today in the temples of learning.

OBJECTIVES OF THE STUDY

1. To assess the level of mental health of pupil teachers.
2. Teachers towards teaching profession.

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HYPOTHESES OF THE STUDY

4. There is no relationship between mental health and teaching aptitude of pupil teachers.
5. There is no relationship between mental health and teaching aptitude of female pupil teachers.
6. There is no relationship between mental health and teaching aptitude of arts, science and commerce group pupil teachers.

DELIMITATIONS OF THE STUDY

1. The study was conducted on B.Ed. Students only.
2. The sample for the study was drawn from Derabassi, Punjab only.

The study was delimited to teacher trainees of B.Ed. College in Mohall Distt.

1. Attri college of Education, lalru.
2. Lord Krishna College of Education, Derabassi.
3. D.S Gurukul college of Education, lalru.
4. Universal college of Education, lalru.

The present study is survey type of research. The main purpose of the study is to out the mental health of pupil teachers in relations to their attitude towards teaching profession.

POPULATION AND SAMPLE OF THE STUDY

In this study, population was all the pupil teachers (Pursuing B.Ed. Course) both male and female students in different training colleges of Mohall district. Random sample technique was used to choose the sample. Data were collected of 166 pupil teachers from different training colleges of Mohall district. The pupil teachers were related to different streams such as science, art and commerce.

Sample Distribution

Gender	Science	Arts	Commerce	Total
Male	34	23	7	64
Female	29	61	12	102
Total	63	84	19	166

DESCRIPTION OF THE TOOL

In the present study two tools were used for data collective

1. Mental Health Check-list (MHC), developed by Dr. Pramod Kumar.
2. Teaching Aptitude Test (TAT), developed by Dr.S.C. Gakhar and Dr.Rajnish.

RELIABILITY: The split-half reliability, correlating the odd-even items (applying the Spearman –Brown formula for doubting the test length), has been found to be 0.70(N=30) with an index of reliability of 0.83 (Garratt, 1961).The test-retest reliability has also been studied. It has been found to be 0.65(N=30) with an index of reliability of 0.81. The re-test was given with a time interval of two weeks.

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Table No .2

SHOWING SPLIT-HALF AND RETEST RELIABILITY INDICES

Indices	N	r-value	Index of reliability
Split-half	30	0.70	0.83
Re-test	30	0.65	0.81

The r- values of 0.70 and 0.65, respectively has been found to be significant at 0.01 level of confidence, showing that the test is reliable both in term of its consistency and stability of scores.

VALIDITY: The face validity of the MHC appears to be fairly high as items were prepared by asking teachers of psychology to list all such symptoms which, according to them, showed poor mental health. The content validity was adequate.

DATA ANALYSIS: The scores of the study were systematically analysed with the help of suitable statistical technique in order to find answers to the questions raised in this study.

There is no relationship between mental health and teaching aptitude of pupil teachers

Table No. 1

Frequency	Category	Correlation
166	Teaching Aptitude	-0.161
	Mental Health	

The correlation between aptitude and mental health is observed. 0.161 and negative also. It clears that if the score on mental health is low, then students will be mentally healthy. The score of aptitude is high then the students have high aptitude. Here very low negative correlation shows about relationship between mental health and teaching aptitude. Therefore, hypothesis is accepted. Hence, there is no relationship between mental health and teaching aptitude.

There is no relationship between mental health and teaching aptitude of male pupil teachers.

Table-2

Gender	Frequency	Category	Correlation
Male	64	Teaching Aptitude	-0.153
		Mental Health	

The correlation between aptitude and mental health of male pupil teachers is observed. 0.153 and negative also. It clears that if the score on mental health is low, then students will be mentally healthy. The score of aptitude is high then the students have high aptitude. Here very low negative correlation shows between mental health and aptitude. Therefore, hypothesis is accepted. Hence, there is no relationship between mental health and teaching aptitude.

There is no relationship between mental health and teaching aptitude of female pupil teachers.

Table 3

Gender	Frequency (N)	Category	Correlation
Female	102	Aptitude	-0.283
		Mental Health	

The correlation between aptitude and mental health of female pupil teachers is observed. 0.283 and negative also. It clears that if the score on mental health is low, then students will be mentally healthy. The score of aptitude is high then

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the students have high aptitude. Here very low negative correlation shows between mental health and aptitude. Therefore, hypothesis is accepted. Hence, there is no relationship between mental health and teaching aptitude.

There is no relationship between mental health and teaching aptitude of arts group pupil teachers.

Table 4

Stream	Frequency (N)	Category	Correlation
Arts	84	Teaching Aptitude	-0.237
		Mental Health	

The correlation between aptitude and mental health of arts group pupil teachers is observed. 0.237 and negative also. It clears that if the score on mental health is low, then students will be mentally healthy. The score of aptitude is high then the students have high aptitude. Here very low negative correlation shows between mental health and teaching aptitude. Therefore, hypothesis is accepted. Hence, there is no relationship between mental health and teaching aptitude.

There is no relationship between mental health and teaching aptitude of science group pupil teachers.

Table 5

Stream	Frequency (N)	Category	Correlation
Science	63	Teaching Aptitude	+0.014
		Mental Health	

The correlation between aptitude and mental health of science group pupil teachers is observed. 0.014 and negative also. It clears that if the score on mental health is low, then students will be mentally healthy. The score of aptitude is high then the students have high aptitude. Here very low negative correlation shows between mental health and teaching aptitude. Therefore, hypothesis is accepted. Hence, there is no relationship between mental health and teaching aptitude.

There is no relationship between mental health and teaching aptitude of commerce group pupil teachers.

Table 6

Stream	Frequency (N)	Category	Correlation
Commerce	19	Teaching Aptitude	-0.371
		Mental Health	

The correlation between aptitude and mental health of commerce group pupil teachers is observed. 0.371 and negative also. It clears that if the score on mental health is low, then students will be mentally healthy. The score of aptitude is high then the students have high aptitude. Here very low negative correlation shows between mental health and teaching aptitude. Therefore, hypothesis is accepted. Hence, there is no relationship between mental health and teaching aptitude.

V. CONCLUSIONS AND SUGGESTIONS

1. There is very low negative correlation between mental health and teaching aptitude of pupil teachers.

Hence, there is no relationship between mental health and aptitude towards teaching profession. If the scores on mental health is low, than students will be mentally healthy. If score of aptitude towards teaching profession is high, than students have high teaching aptitude.

2. There is very low negative correlation between mental health and teaching aptitude of male pupil teachers.

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Hence, there is no relationship between mental health and aptitude towards teaching profession. If the scores on mental health is low, than students will be mentally healthy. If score of aptitude towards teaching profession is high, than students have high teaching aptitude.

3. There is very low negative correlation between mental health and teaching aptitude of female pupil teachers.

Hence, there is no relationship between mental health and aptitude towards teaching profession. If the score on mental health lows, than students will be mentally healthy. If score of aptitude towards teaching profession is high, than students have high teaching aptitude.

4. There is very low negative correlation between mental health and teaching aptitude of arts group pupil teachers.

Hence, there is no relationship between mental health and aptitude towards teaching profession. If the scores on mental health is low, than students will be mentally healthy. If score of aptitude towards teaching profession is high than, students have high teaching aptitude.

VI. EDUCATIONAL IMPLICATIONS

Present study has great relevance and importance. With the help of this study, we find the reason for the pupil teacher's poor performance and come up with a treatment plan early so the pupil teachers can perform up to full potential. The findings of the study may help for policy planner. They should keep the findings in their mind for betterment of pupil teachers, in service teachers' untrained teachers' also. The mental health and teaching aptitude of teacher has a strong impact upon his students. When teacher will impart the knowledge to the student's whole heartedly then the education level of students will increase which ultimately help in the development of the nation and teaching aptitude enable the teachers to get over even drastic constraints imposed on his performance. This study is useful for the teachers, policy planners, educators and state legislators.

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